

ready to  
**change**  
your way to better health



# Staying motivated with with physical activity

Often the things that motivate you to start making changes are not the same things you need to keep up your activity levels. Think about what motivates you to continue making any changes to the level of physical activity you do. It is easier to maintain changes if you have at least one thing that motivates you.

For instance:

- Being satisfied and happy with what you have achieved. For example, you'e now doing different forms of exercise, and enjoying them and feel good about it.
- Enjoying doing that new behaviour, such as walking new routes along the coast
- The new behaviour is more in line with who you are or what you believe in It may be useful to think about these motivators and how they are relevant to you.

To do this, try completing the below statements.

The thing I am most satisfied about with my new physical activity choices are:

The thing I am most enjoy about my new behaviour is:

My identity, beliefs and values match my new behaviour of: